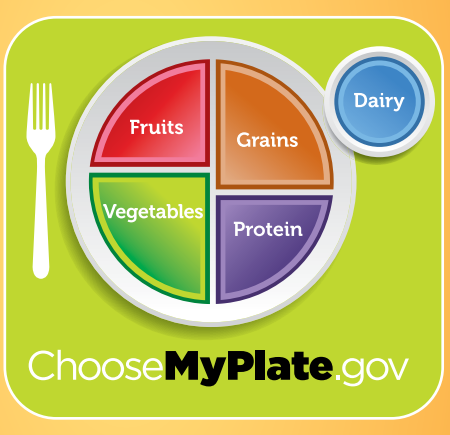
Healthy Fit and Happy

My plate



MyPlate is an easy visual to what your plate should look like at meal time to stay healthy. Make sure you have food from each food group every time you sit down for a meal.

What can you add to your plate to get healthy?

For more info, go to **choosemyplate.gov**

Favorite healthy foods

Have your family list their favorite healthy foods and bring the lists next time you go grocery shopping. What are your favorites?

Fruits	Grains	Dairy
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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Vegetables	Protein
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Fun tips for families

- At mealtime, have a contest: **which plate is the most colorful or healthy?**
- Use grocery shopping as an opportunity to learn about fruits and vegetables.
- Visit a local farmers market to learn where your food comes from.
- Make healthy snacking easy – have cut-up and washed fruits and vegetables readily available.
- Make preparing and cooking meals a family activity.

Reading nutrition labels

Check the serving size and number of servings.

Calories count, so pay attention to the amount.

Know your fats and reduce sodium for your health.

Reach for healthy, wholesome carbohydrates.

For protein, choose foods that are lower in fat.

Look for foods that are rich in these nutrients.

The % Daily Value is a key to a balanced diet.

Nutrition Facts
Serving Size 1 slice (47g)
Servings Per Container 8

Amount per Serving	
Calories 160	Calories from Fat 90
	% Daily Value
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0% •	Vitamin C 4%
Calcium 0% •	Iron 6%
Thiamin 8% •	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Stay healthy, fit and happy!

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In response to what has been recognized as a national epidemic, the California State Senate passed SCR 77 proclaiming the last full week in September as Childhood Obesity Prevention and Fitness Week. According to the Centers for Disease Control and Prevention, obesity among children and adolescents has almost tripled since 1980.

Families today are busier than ever; between work, school and after-school activities, it can be more convenient to grab dinner at a fast food restaurant than take the time to prepare a meal at home. Unfortunately, doing that often leads to health problems not only for the parents, but also for kids. Overweight children often become overweight adults, and are at a greater risk of developing type 2 diabetes, high blood pressure, asthma and orthopedic problems.

The California Legislature supports programs to reduce obesity, increase exercise and educate children on healthy eating habits. This brochure is intended to provide tips and resources to help you and your children learn about healthy eating habits and improve your overall health. Inside, you will find guides to what a healthy mealtime plate should look like, how to create a shopping list with foods from each food group and what to look for when reading nutrition labels.

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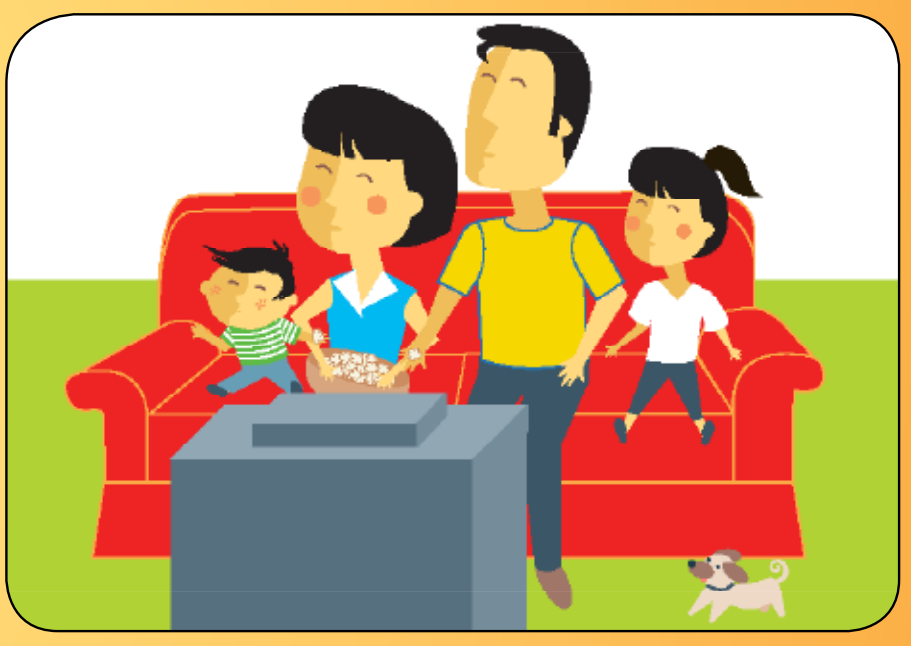
Fit and Fun Family Activities

Get off the couch!

Decide what family activity to do for at least 30 minutes each day. Maybe walking or biking around the neighborhood after dinner.

- Play basketball or soccer at your local park
- Play tag, hide and seek or try relay races with your family
- Go to a museum, zoo or mall and walk around



Little things

- Park far away from the store to get a few more steps in
- Take the stairs when you can
- Do yard work or wash the car together as a family, or walk the dog
- Limit your time in front of the TV or computer

Bigger things

- Train for a charity walk or run with your family
- For a birthday celebration make it an activity like swimming, or a football or volleyball game
- On a vacation, set aside a day for a family hike

What fit and fun activities can you and your family think of?

Check out your neighborhood resources like local city parks, hiking trails, or the local community center for sports teams you can join.